

# HOT YOGA OF DELRAY CLASS SCHEDULE\*\*

## Mondays

9:00 - 10:15 am  
12:30 - 1:30 pm  
5:30 - 6:30 pm  
7:00 - 7:45 pm

## Classes

Hot 26 & 2 (75 min)  
Hot Power Vinyasa (60 min)  
Hot Mat Pilates (60 min)  
Hot Sculpt (45 mins)

## Tuesdays

9:00 - 10:00 am  
12:30 - 1:30 pm  
7:00 - 8:00 pm

Hot Mat Pilates (60 min)  
Hot Power Vinyasa (60 min)  
Hot Power Vinyasa (60 min)

## Wednesdays

9:00 - 9:45 am  
11:00 - 12:00 pm  
12:30 - 1:30 pm  
5:30 - 6:30 pm  
7:00 - 8:15 pm

Hot Sculpt (45 mins)  
Hot Yin (60 min)  
Hot Power Vinyasa (60 min)  
Hot Mat Pilates (60 min)  
Hot 26 & 2 (75 min)

## Thursdays

9:00 - 10:00 am  
12:30 - 1:30 pm  
7:00 - 8:00 pm

Hot Mat Pilates (60 min)  
Hot Power Vinyasa (60 min)  
Hot Power Vinyasa (60 min)

## Fridays

9:00 - 10:15 am  
11:00 - 12:00 pm  
12:30 - 1:30 pm  
5:30 - 6:15 pm

Hot 26 & 2 (75 min)  
Hot Mat Pilates (60 min)  
Hot Power Vinyasa (60 min)  
Hot Sculpt (45 mins)

## Saturdays

8:30 - 9:15 am  
9:30 - 10:45 am  
11:00 - 12:00 pm  
12:30 - 1:30 pm

Hot Sculpt (45 mins)  
Hot 26 & 2 (75 min)  
Hot Mat Pilates (60 min)  
Hot Power Vinyasa (60 min)

## Sundays

9:30 - 10:45 am  
11:00 - 12:00 pm  
12:30 - 1:30 pm  
5:30 - 6:30 pm

Hot 26 & 2 (75 min)  
Hot Mat Pilates (60 min)  
Hot Power Vinyasa (60 min)  
Hot Yin (60 min)

\*\* These are our usual class times - please see WEBSITE for any Holiday Changes

[effective 04-13-26]